

ISP School, Battle

Health and Safety Risk Assessment – Extreme Heat

School	ISP School, Battle	Assessment No.	
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Site	ISP School, Battle	Location	Glengorse Estate, Battle, TN33 0TX
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Subject of Assessment	ISP School, Battle is a specialist SEMH independent special school for ages 7 -16.		
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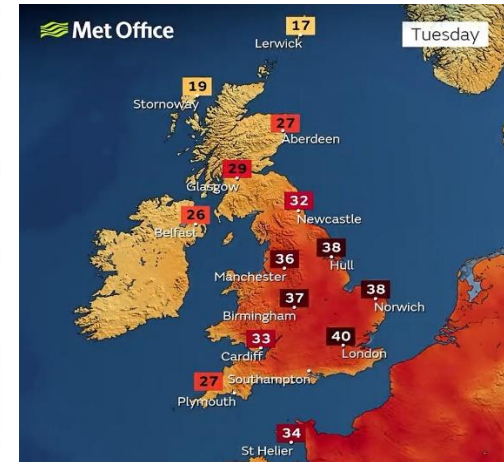
Assessed by	Caroline Belchem	Date	16.07.22	Review date	
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Details of workplace/activity	Children and adults taking part in school activities within the school premises, including general classroom activities, lunch time, break-time, outside spaces, pick-up and drop off, First aid and external visitors to the school.	Persons Affected <i>(Who may be harmed)</i>	
		Children, Adults, Contractors and Visitors.	

Assess the Level of Risk

In this risk assessment the level of risk is expressed qualitatively as **Low, Medium, High or Very High**. Underlying these descriptors of risk is a probabilistic model which factors the **likelihood** of an accident or event against the **severity** of harm that may occur. The **risk rating**, calculated as **likelihood x severity**, maps into the qualitative terms used as follows:

		Severity			
		Minor Injury	Reportable Injury	Serious Injury	Critical
Likelihood	Unlikely	Low	Low	Low	Medium
	Possible	Low	Medium	High	High
	Probable	Medium	High	High	Very High



Hazards and Risks	Control Measures	Risk Level (Very High, High, Medium, Low)	Further Actions ✓/X (If ✓ See Actions)
<p>1. Heat stress Children suffering from heat stress may become irritable and experience discomfort. This can be exacerbated by physical activity and if not addressed can lead to heat exhaustion or heatstroke.</p> <p>Heat exhaustion Symptoms of heat exhaustion can include one or several of the below:</p> <ul style="list-style-type: none"> ▪ Tiredness ▪ Dizziness ▪ Headache ▪ Nausea ▪ Vomiting ▪ Hot, dry, or red skin ▪ Confusion 	<p>Protection of Children from Heat-Related Illness During periods of high temperature, the following steps should be taken:</p> <ul style="list-style-type: none"> ▪ Share the signs of heat stress, heat stroke, and heat exhaustion with all adults, so they are all aware and are on the lookout for anyone, themselves included, that may be suffering ▪ Ensure the first aiders are on high alert and are ready to respond quickly to any adult, or child presenting with any of the symptoms ▪ Using the guidance document for advice, consider the arrangements you have in place and adjust where necessary ▪ Update your risk assessments to show you can sufficiently evidence the adjustments made to an activity where there may be an increased risk from the high temperatures or exposure to the sun ▪ Review the childrens and adults Medical Needs – send out reminders regarding sun hats, sun cream and water bottles to parents ▪ Review school clothing policy – relax dress codes and consider introducing non-uniform days with the instruction to dress for hot weather 	<p>High</p>	

Hazards and Risks	Control Measures	Risk Level (Very High, High, Medium, Low)	Further Actions ✓/X (If ✓ See Actions)
	<ul style="list-style-type: none"> ▪ Have ice ready to cool down people when suffering from the heat. <p>Protection Outside:</p> <ul style="list-style-type: none"> ▪ Children should not take part in vigorous physical activity on very hot days, such as when temperatures are in excess of 30°C. ▪ Encourage children playing outdoors to stay in the shade as much as possible ▪ Children should wear loose, light-coloured clothing to help keep cool and sunhats with wide brims to avoid sunburn ▪ Use sunscreen (at least factor 15 with UVA protection) to protect the skin if children are playing or taking lessons outdoors for more than 20 minutes ▪ Provide children with plenty of water (such as water from the water cooler) and encourage them to drink more than usual when conditions are hot. <p>Protection Indoors:</p> <ul style="list-style-type: none"> ▪ Ensure air conditioning activated in all rooms on arrival at school 		

Hazards and Risks	Control Measures	Risk Level (Very High, High, Medium, Low)	Further Actions ✓ / X (If ✓ See Actions)	
		<ul style="list-style-type: none"> ▪ If windows are opened, almost close windows when the outdoor air becomes warmer than the air indoors – this should help keep the heat out while allowing adequate ventilation ▪ Close indoor blinds or curtains, but do not let them block window ventilation ▪ Keep the use of electric lighting to a minimum ▪ Switch off all electrical equipment, including computers, monitors, and printers when not in use – equipment should not be left in 'standby mode' as this generates heat ▪ If possible, use those classrooms or other spaces which are less likely to overheat, and adjust the layout of our classrooms to avoid direct sunlight on children ▪ If necessary, consider rearranging school start, finish, and play times to avoid teaching during very hot conditions Encourage children to eat normally and drink plenty of cool water 		

Hazards and Risks	Control Measures	Risk Level (<i>Very High, High, Medium, Low</i>)	Further Actions ✓ / X (If ✓ See Actions)
<p>2. Heatstroke Heatstroke is a medical emergency and can develop if heat stress or heat exhaustion are left untreated, but it can also occur suddenly and without warning. Symptoms include:</p> <ul style="list-style-type: none"> ▪ high body temperature – a temperature of or above 40°C (104°F) is a major sign of heatstroke ▪ red, hot skin and sweating that then suddenly stops ▪ fast heartbeat ▪ fast shallow breathing ▪ confusion/lack of co-ordination ▪ fits ▪ loss of consciousness 	<p>If you believe a child is suffering from heatstroke the following action should be taken to reduce their body temperature:</p> <ul style="list-style-type: none"> ▪ Move the child to as cool a room as possible and encourage them to drink cool water (such as water from a cold tap). ▪ Cool the child as rapidly as possible, using whatever methods you can. For example, sponge or spray the child with cool (25 to 30°C) water – if available, place cold packs around the neck and armpits, or wrap the child in a cool, wet sheet and assist cooling with a fan. ▪ Dial 999 to request an ambulance if the person doesn't respond to the above treatment within 30 minutes. ▪ Please note, if a child loses consciousness or has a fit place the child in the recovery position and immediately call 999. 	High	

More information is available at the following links:

- [Heatwave Plan for England](#) – UK Health Security Agency's heatwave plan for England
- [Looking After Children and Those in Early Years Settings During Heatwaves: For Teachers and Professionals](#) – DfE's guidance for schools in heatwaves
- [Met Office Warnings](#) – UK weather warnings and advice from the Met Office.